

TRAIN HARD. GET FITTER. BE UNBREAKABLE

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## INTRODUCTION

## The Official 30-Day Unbreakable Training Plan

Your guide to being ready for anything from the Spartan Coaches and the Spartan Training Division.

By: Mike Simone

It doesn't matter if you're committing to a Spartan Race, Tough Mudder, DEKA, or any other Unbreakable event in 2023, consider this is your official plan of attack.

If you're a first time racer, this program will guide you to building the base of endurance, strength, power, and agility needed to overcome obstacles and get to that finish line. And if you're an existing racer looking to improve your finish times, our coaches have included a few tips to push you a little harder in training that will translate on race day.

The Official 30-Day Unbreakable Training program is simple, effective, and you will be pushed harder as you progress along from week to week.

When you're training for any Unbreakable event, you want a mix of cardio workouts each week in addition to strength training. Within this program, each week's structure will be three to four days of cross-training which includes strength and conditioning, endurance, athleticism, speed, agility, and quickness (SAQ) along with three days of cardio that consists of one day of recovery-type cardio, one day of long slow distance (LSD) cardio, and one or two days of speed work/ compromised running.

## MEET YOUR 



Spartan Coach Joe Bala is the founder/owner of Joe Bala Fitness, he is the Program Director of the DEKA Bay Area Program at CrossFit of Fremont \& is Co-Founder of Bay Area OCR. He holds a Master's Degree in Exercise Science \& Kinesiology, is an ACE Certified Personal Trainer, a Spartan SGX Coach L2, Spartan Obstacle Specialist Instructor, DEKA Coach, Ninja Warrior, Mental Health Warrior, a former Engineer, as well as a husband and a father of one.


Coach Yeniz Parton has been a personal trainer and a fitness coach for over 20 years. She's the owner of I-F-I.T Fayetteville, an obstacle and DEKA-affiliated facility. She's also the mother of two boys.



Coach Olga Torres, from Waxhaw, North Carolina received her first fitness instructor certification in 2017 and never looked back. She's an AFAA Group Fitness Instructor, Spartan SGX and DEKA Coach, Spartan Obstacle Specialist, and is the founder and owner of Strive Fitness (@strivefitnessclt).

## DIRECTIONS

1. Commit to any Unbreakable event in 2023.
2. Complete the program as prescribed for a month.

Post your progress with the hashtag \#TheUnbreakable Year for a chance
to win exclusive race and merch discounts.


with
Coach Olga Torres

## DAY

## CROSS-TRAINING

Workout: 35 min full body
SAQ Ladder - 3 rounds
In, in, out, out
Lat in, in, out, out
Scissors
3 rounds; 30s on/30s off
Rear-loaded bear
Air Squats
BW/Resistance Band Overhead Press
Rest 1min
Bear ISO Hold
Wall-sit
Low Plank
Rest 1 min
Bear Call-outs
Hip Hinge
Side Plank


## DAY 3

## CROSS-TRAINING

Workout: 35 min full body
SAQ Ladder - 3 rounds each
Hop Scotch
Hip Switch
Snake
3 rounds; 30s on/30s off
Pendulum Lunge
Lateral Ape
Rest 1 min
Alt Hand-staggered Push Up
Crab Toe Touch
Superman Hold
Rest 1 min
Jump Squats
Side-lying Tricep Press
Lemon Squeezers

# DAY 4 <br> ACTIVE RECOVERY 

30min jogging/walking/biking; good stretch

## CROSS-TRAINING

Workout: 35 min fullbody
SAQ Ladder - 3 rounds each
Cross in front
Cross behind
Two-step


Rest 1 min

## Eccentric Pull Ups

Burpees
BW/Resistance Band Woodchop
Rest 1 min
Alligator/Spiderman Crawl
Farmer Carry
Speed Skaters

# DAY <br> <br> LSD CARDIO 

 <br> <br> LSD CARDIO}

Cardio of choice
(running, skierg, bike, rower)
at a conversational pace for 40-45min

## DAY 7 ACTIVE RECOVERY

Stretching, Yoga, 3 rounds
( 10 m guided breathing, cold plunge/shower 3min)

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## DAY 1

## CROSS-TRAINING

Workout: 35min
3 rounds, 45 seconds on, 15 seconds rest
DB/KB Front Rack Split Squat
Fwd Bear Crawl
Hollow Body Hold
Rest 2min
3 rounds, 45 seconds on, 15 seconds rest


DB/KB Single Leg RDL
SB Single Arm Elevated Push Up Windshield Wipers

Rest 2min
3 rounds, 45 seconds on, 15 seconds rest
Burpees
Frog Sit Up

## DAY 2

## CRE/CONDITIONING

Workout: 35min
4 rounds
Jog/Run x200m
Walk x200m
Rest 2 min
4 rounds
Hanging Hand Switches x30s
Walking Lunges $\mathbf{x} 12$
Side Plank Reach Through $\times 5$
Rest 2min

## DAY 3

## CROSS-TRAINING

Workout: 35min
3 rounds, 45 seconds on, 15 seconds rest
DB/KB Goblet Squat to Curtsy Lunge
KB Single Arm Gorilla Row
Cross Body Mountain Climber
Rest $2 m i n$
3 rounds, 45 seconds on, 15 seconds rest
DB Rotational Shoulder Press
DB Lateral Lunge Passes
Single Leg V Up
Rest 2min


## ACTIVE RECOVERY

Workout: 35min
Walk/Hike @Zone $2 \times 30 \mathrm{~min}$

Hip 90/90 Stretch w/ 2-3sec Box
Breathing ximin
Adductor Rock Back x30s
Child's Pose ximin
Lying Quad Stretch x30s

## DAY 5 <br> CROSS-TRAINING

Workout: 35min
10 rounds, 10second on, 50 second rest
Hill Sprint x10s
Recover x50s
Rest 2min
4 rounds
Walkout to Push Up then Frog Knee Tuck x6 Cossack Squat x12

Rest 2min


1 round
Jump Rope (SU) x10min
DAY

# LSD CARDIO 

Workout: 45min
Jog/Run @Zone $2 \times 40$ min
Straight Leg Calf Stretch x30s
Soleus Stretch x30s
Standing Quad Stretch x30s
Standing Crossed Leg Toe Touch x30s
Standing Reverse Shoulder Stretch $\times 30$ s

# DAY 7 <br> <br> ACTIVERECOVERY 

 <br> <br> ACTIVERECOVERY}

Stretching, Yoga, 3 rounds
(10min guided breathing, cold plunge/shower 3min)

with
Coach Yeniz Parton

## DAY 1

## CROSS-TRAINING

3 Rounds FT:
50 DU/100 SU
40 Ball slams
30 KB Swings
20 SB Cleans
*Rnd 1: 100 m Farmers carry after each movement
*Rnd 2: 100 m Sandbag carry after each movement
*Rnd 3: 200 m run after each movement


## DAY 3

## CROSS-TRAINING



AMRAP in 18 min
14 DB Deadlift
12 DB Bend over Rows
10 DB Hang Cleans
8 DB Shoulder presses
6 V-ups
Rest 2 min
AMRAP in 18 min
20 KB Sumo squats 18 KB Swings
16 KB SDLHP
14 KB Russian Twist
12 Burpees

## DAY 4 <br> ACTIVERECOVERY

EMOM for 20 min
Min 1: 8 Hanging Scapular pull ups Min 2: 8 Scapular push ups
Min 3: 6 Push up + Side plank
Min 4: 6 Inchworms
Min 5: 6 SL Airplane Deadlift
Rest 2 minute20 min LISS
(Low-intensity steady state) cardio

50-40-30-20-10 For Time
Squat Jumps or Goblet Squats
Alt. SA DB Snatches
KB or DB Weighted Lunges
*400 m run after each round


Cardio of your choice (running, bike, rower, skierg) at a conversational pace for $\mathbf{5 0}$ to $\mathbf{6 0} \mathbf{~ m i n}$

## DAY 7 <br> ACTIVERECOVERY

Stretching, Yoga, 3 rounds
(10min guided breathing, cold plunge/shower 3min)

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## DAY 1

## CROSS-TRAINING

Workout: 40 min
6 min Run
50' SAND Butt Scoots out SAND Bear Crawl back 15 Step-ups

3 rounds
5 T2B
5 DB Clean \& Press
6 min Run
50' SAND Butt Scoots out SAND Bear Crawl back 30 Step-ups

3 rounds
5 T2B
5 Man Makers
6 min Run
8 DB Deadlifts
3 rounds
5 Burpee Broad Jumps
5 Burpee Pull-ups

## DAY 2 <br> CRE/CONDITIONING

Measure 100M and placed a water bottle at each end (66 left steps is my 100M average)

20 min AMRAP
100m Farmer Carry
200m Run
10 min ABHR Run

## DAY GROSS-TRAINING

40 min AMRAP
2 min Run
5 Pull-ups
10 Push-ups
15 Air Squats

## DAY 4 <br> AGTIVERECOVERY

## ABHR 5k

**Conservative calculation 180-Age=ABHR
Understanding baseline 5,000 meters is fundamental

## DAY 5

## CROSS-TRAINING

Workout: 40 min

3-min Run
15 Hanging corner raises
15 Step-ups
3-min Run

3 rounds [1 Burpee / 3 Broad Jumps]
3 rounds [10 SB DL / 5 SB Cleans / 5 SB Front Squats] 15 Step-ups
3-min Run
T2B** 3 Burpees every drop
15 Step-ups
3-min Run
15 Curtsy lunges
800 m Farmer carry ** 3 burpees every drop
3-min Run
30 Man Makers
15 Step-ups
3-min Run
15 Step-ups
15 SB Ground To Overhead
3-min Run

Workout: 60-min ABHR Run(conversational pace)
Focus on the footwork and maintain 180bpm Cadence

## DAY 7

## ACTIVERECOVERY

## Stretching, Yoga, 3RDS

(10m guided breathing, cold plunge/shower 3min)


## TIMING $\&$ TRAINING STRUCTURE

Warm-up: 5-10 min

Workout: approximately 30-40 min

Cool-down: 5-10 min
(end of day - mobility, stretch, breath-work, meditation, and journal)

## WARM-UPS \& COOL DOWN

```
Warm-up for cross-training workouts
O Run in place x30s
- Heel to Toe Rocks x10
O Ankle Rotations x5ed each side
OCalf Raises x10
- Hip Hinge x6
- Dynamic Quad Stretch x6 each side
- Leg Swings Side-to-side x6 each side
- Leg Cradle x6 each side
Side Lunge x6 each side
- BW Deep Squat x6
- World's Greatest Stretch x6 each side
- Shoulder Corkscrew x6 each side
    Y, T, W, L x6
O Neck Stretch 30sec
O Wrist Mobility
OBody Taps: Shoulders, hips, knees, ankles (3 rounds)
- Warm-up for CRE/conditioning workouts
0 10 min full body stretching, jogging, walking, etc.
```


## TRAINING TERMS

sor sec = Seconds
min = Minutes
m = Meters
ea = Each
lb = Pounds
$\mathbf{k g}=$ Kilograms
BW = Bodyweight
DB = Dumbbell
KB = Kettlebell
SB = Slam ball
MB = Med ball
ISO = Isometric
SB = Sandbag
DU = Double Unders
SU = Single Unders
DL = Deadlift
SLDHP = Single Leg Deadlift High Pull
SDLHP = Sumo Deadlift High Pull
CRE = Cardio respiratory endurance
SAQ = Speed, agility, quickness
LSD = Long slow distance cardio
FT = For Time
ABHR = Aerobic Base Heart Rate (180-age = ABHR)
EMOM: Every minute on the minute
LISS: Low-intensity steady state

THANK YOU COACHES
YENIZ PARTON
OLGA TORRES
JOE BALA
CHRISTIAN BIZZOTTO

